



affected families

Helping Families and Children Cope With the Substance Use Disorder of Someone Close

Substance use disorders impact not only the millions of Americans who have a problem with alcohol and/or drugs, but also their families, friends, and children. People of all generations have been



My life began October 18, 2000. That day, for the first time ever, I began to live life on life's terms, without the use of any mood- or mind-altering

drugs. That was the day I began the journey to being a responsible worker, a loving sibling, and a good mother to my four children. My family saw the worst; they've also seen the growth and changes. I used to be the neighbor everyone wished would move away, the sister you didn't invite to dinner, the mom you didn't talk about. Today, I live my life knowing I am a productive member of society and a role model to my children and grandchildren. This year, God willing, I will celebrate six years clean. I am a recovering addict who proudly and openly admits that to anyone. My addiction affected everything in my life. My recovery does as well.

Stacy A. Spain

Mother, Artist, Seamstress

affected by substance use disorders. As many as 74 percent of Americans said in 2005 that addiction to alcohol has had some impact on them at some point in their lives, whether it was their own personal addiction, that of a friend or family member, or any other experience with addiction.¹

Furthermore, 41 percent of the public reports encouraging a loved one to seek help for an alcohol problem.² Yet help is available, and like other chronic mental disorders, substance use disorders are medical conditions that can be treated effectively.³ People in recovery can and do rejoin their families, their jobs, and their lives in their communities.

Substance use disorders involve the dependence on or abuse of alcohol and/or drugs. Dependence on and abuse of alcohol and illicit drugs, which include the nonmedical use of prescription drugs, are defined using the American Psychiatric Association's criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV). Dependence indicates a more severe substance problem than abuse; individuals are classified with abuse of a certain substance only if they are not dependent on that substance.⁴ For more information on the criteria used in defining dependence and abuse, consult the *2004 National Survey on Drug Use and Health*, which is available on the Web at www.oas.samhsa.gov/nsduh.htm.

Much has been written about substance abuse, dependence, and addiction; many studies have used different terminology to explain their findings. To foster greater understanding

and avoid perpetuating the stigma associated with these conditions, the phrase “substance use disorders” is used as an umbrella term to encompass all of these concepts.

Substance use disorders can severely compromise parents’ ability to provide a secure and nurturing home for children.⁵ In 2001, more than 6 million children lived with at least one parent who abused or was dependent on alcohol or an illicit drug.⁶ Children of parents with substance use disorders are generally considered at high risk for biological, developmental, and behavioral problems, including the risk of developing a substance use disorder of their own.⁷

Studies examining the effects of prenatal exposure to alcohol and drugs on the health and early development of children are uncovering the biological vulnerability of children. Yet comparatively little attention has been given to postnatal environmental factors that may negatively impact children’s development. A quarter of children whose mothers have substance use disorders exhibit behavioral problems in school.⁸ Children of people who have an alcohol use disorder also exhibit symptoms of depression and anxiety more than children of people who do not.⁹

It is important to be aware of your family’s habits, particularly when it comes to safe driving habits. In 2004, 10.2 percent of teens ages 16 or 17 and 20.2 percent of 18- to 20-year-olds said they drove under the influence of alcohol at least once in the past year.¹⁰

Additionally, a growing number of elderly adults have substance use disorders. The number of substance abuse treatment admissions among people aged 55 and older increased by 32 percent between 1995 and 2002.¹¹

People aged 65 or older make up only 13 percent of the population, yet account for nearly one-third of all medications prescribed in the United States.¹² Older patients are more likely to be prescribed long-term and multiple prescriptions, which could lead to unintentional misuse.¹³ They also require lower doses of medicines because the body’s ability to metabolize many prescriptions decreases with age, making them more susceptible to the effects of a drug.¹⁴ Signs of an alcohol- or medication-related problem among the elderly that family members should look for include memory trouble after having a drink or taking medicine, loss of coordination, and changes in sleeping habits.¹⁵

Support for Families of People With Substance Use Disorders

People who have substance use disorders may become increasingly isolated from their families. Beyond the nuclear family, extended family members may have a range of emotions, including abandonment, anxiety, fear, anger, concern, embarrassment, guilt, and even the desire to ignore or cut ties with the person with a substance use disorder.¹⁶

But there is hope, and family members can play a critical role in supporting loved ones on their path of recovery—ultimately bringing healing to the entire family. A major study published in the *Journal of the American Medical Association* in 2000 is one of several studies that demonstrate the success

of treatments for substance use disorders.¹⁷ Treatment of both mental and substance use disorders can help prevent the exacerbation of other health problems, including cardiac and pulmonary diseases, according to the Substance Abuse and Mental Health Services Administration's (SAMHSA's) *Report to Congress on the Prevention and Treatment of Co-Occurring Substance Abuse Disorders and Mental Health Disorders* in 2002.¹⁸

Treating the intricate needs of people who have family members with substance use disorders requires a team of professionals that extends beyond the support found in a traditional treatment and recovery setting.¹⁹ A child or other family member needs to recognize that he or she is not the cause of a relative's substance use. Another important lesson is that even though people can't "cure" their relative's substance use disorder, they can help the family member through recovery by caring for and supporting them.²⁰

Learning how to treat substance use disorders just like any other chronic disease can help family members understand how to best support a relative who has a substance use disorder. If a substance use disorder is affecting your family, please refer to the SAMHSA publication



Early in my recovery, I often found myself asking, "Why did I end up a person with an addiction to alcohol and other drugs?" I also asked how it could be that at age 21 I found myself in my counselor's office on the campus of my university, admitting I had a problem. Admitting with great humiliation and disgust that I was an alcoholic and was just like my father. I did not know it was a disease. I did not know how bad it had gotten. A year later, shortly after celebrating a year of sobriety with my father, both of us sober, he relapsed and died. I had made a secret promise that if my father died I would drink again. I wanted to know him. I felt I deserved it. But, when the time came and I received the call telling me he had been found dead at age 54 (due to an overdose of alcohol), alone, in the kitchen of our nice home on the nice golf course in nice suburban Maryland, drinking was the last thing that I wanted to do. In fact, I made another promise to God and to myself shortly after he died. I had heard that for every person who dies addicted to alcohol and other drugs, another one gets sober. I decided one night shortly after the funeral that I was going to be the one who got sober. I promised that my father would not have died in vain. Today, I continue to do my best to keep that promise and live a life that reflects it. As a result, I have been blessed with a wonderful life with 11 years of recovery. I am married, employed, and vote. I participate fully in life! I continue to discover the things about which I am passionate. That passion guides how I live my life and I do all of it sober today. Eleven years ago, I was a scared little boy in a young man's body. Today, I am a man who understands, on most days, that life is a mystery full of joy and pain, but misery is optional. I do not know where my life is going, but I trust and believe in my heart that as long as I stay sober, my life will be: Always this or something better. And for that, I am very grateful.

Dan Griffin

Person in Recovery, Husband, Son, Citizen

What is Substance Abuse Treatment? A Booklet for Families at <http://kap.samhsa.gov>. You can also order the publication through SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) on the Web at <http://ncadi.samhsa.gov/> or by calling 800-729-6686.

The Importance of the Family's Role in Treatment

Fortunately, family members can help people obtain treatment and work to erode societal stigmas against people in recovery by celebrating their successes. Substance use disorder treatment programs with family-oriented approaches can make a difference. Family therapy helps people with substance use disorders use a family's strengths and resources to develop ways to live without alcohol and/or drugs.²¹

Family therapy can also help the family make important relationship and environmental changes affecting the member with a substance use disorder. For example, therapy may help other family members work together more effectively and help their relatives set personal goals. Family therapy can also help families recognize their own needs and provide healing for each other, and help prevent substance use disorders from moving from one generation to another.²²

The Impact of Stigma and Discrimination Within Families

While substance use disorders are medical conditions, and treatment is highly effective, stigma and discrimination can plague people who are in recovery, even within families. Stigma and discrimination present a barrier for people with substance use disorders who wish to access treatment. They also inhibit the ongoing recovery process. Stigma detracts from the character or reputation of a person. For many people, stigma can be a mark of disgrace.²³ In 2004, 21.6 percent of the 1.2 million people who felt they needed treatment but did not receive it indicated it was because of reasons related to stigma.²⁴

Stigma can keep family members from disclosing a relative's substance use disorder, which is counterproductive when they are trying to encourage the person to seek treatment. Results from a recent study suggest that families of people with a drug use disorder are viewed by society in the most stigmatizing manner, when compared to families of people with mental illness or emphysema. Society views them as more responsible for the onset of the disorder, and they may feel more ashamed of their family member.²⁵

Discrimination, on the other hand, is an act of prejudice. It can include denying someone employment, housing, accommodation, or other services based on the revelation that the person is receiving treatment or has previously been treated for a substance use disorder.²⁶ Discrimination ignores the fact that substance use disorders can strike people of any age, gender, race, ethnicity, education level, and geographic area.²⁷

Families report being blamed by other community members for a relative's disorder and accused of being responsible for any relapses the affected person may experience.²⁸ Furthermore, family members are more directly affected by the disorder themselves and more likely to be socially avoided.²⁹

In particular, stigma and discrimination can affect parents whose children have a substance use disorder or are in recovery. Many families are more comfortable revealing that their child has depression or attention deficit disorder than disclosing that their child is using illegal substances, and are more willing to discuss the problem in a group setting to get help. Conversely, many family support specialists report that when the mental health diagnosis is more severe—for example, a bipolar disorder—families find it more socially acceptable to talk about their child’s substance use than to divulge that their child needs an antipsychotic medication. Yet a survey by the Parent/Professional Advocacy League suggests there is a need for integrating treatment of both mental health and substance use disorders together when they co-occur in adolescents.³⁰

Families may fear potential consequences if they disclose a relative’s illegal drug use, such as legal ramifications. However, a delay in receiving treatment can actually lead to more encounters with the police and court system.³¹ Once people with untreated substance use disorders find themselves in the criminal justice system, the system can give them access to treatment programs. In fact, there is an ongoing trend toward addressing drug use disorders with treatment, rather than with punishment.³² With this in mind, it is important to overcome stigma and help get affected family members an assessment by a health care professional as soon as any problem is recognized.

Talking about a family member’s substance use disorder will, in fact, help combat societal stigma because when open discussion occurs, people will realize they aren’t alone. Creating an open dialogue about overcoming stigma toward people with substance use disorders and their families can help build a stronger, healthier community.

Tools to Help Affected Family Members in Treatment

One tool to help parents support their children with substance use disorders or in recovery is a campaign titled “15+ Make Time to Listen...Take Time to Talk,” directed by SAMHSA’s Center for Mental Health Services’ National Mental Health Information Center. This campaign provides practical guidance to parents and other caregivers about how to create time to listen and talk with their children. By encouraging strong adult and child relationships, parents can guide their children toward more positive activities. For more information about this campaign, please visit the Web site at <http://mentalhealth.samhsa.gov/15plus/default.asp>.

Other resources are available for families who have a close relative with a substance use disorder. The Child Welfare League of America (CWLA) provides programs, publications, research, conferences, professional development, and consultation to address the needs of American children, young people, and families.³³ For more information, contact the CWLA at 202-638-4918 or visit its Web site at www.cwla.org. Also, the American Public Human Services Association provides a list of each state’s social services agencies, which help improve the health and well-being of adults, children, and families in their respective states. For more information, contact 202-682-0100 or visit its Web site at www.aphsa.org/home/news.asp.

Another organization that may help children and family members of people with substance use disorders is the National Association for Children of Alcoholics (NACoA). The NACoA is a national non-profit organization that works on behalf of children of alcohol- and drug-dependent parents and all family members. For more information, call 888-55-4COAS or visit its Web site at www.nacoa.org. Additionally, Al-Anon and Alateen (www.al-anon.alateen.org) provide support for families and friends of those who suffer from alcohol use disorders.

In addition, a 30-minute documentary titled ***Lost Childhood: Growing Up in an Alcoholic Family*** is a resource for treatment professionals and others who are close to a child whose family is affected by a substance use disorder. The film presents a message of hope through visits to a summer camp program specifically designed for these children. The film can be ordered for a small charge through SAMHSA's NCADI. To order, call 800-729-6686 and request VHS201 or DVD191.

Making a Difference: What Can I Do?

- 1. Participate in a family support group** such as Al-Anon/Alateen or Families Anonymous, where you can find others who have family members or close friends with substance use disorders. Listening to stories can help some people overcome negative perceptions about substance use disorders.
- 2. Become involved in your family member's treatment and recovery** and understand that substance use disorders can be treated just as other diseases can be.
- 3. Volunteer to be a mentor for a child** who has a parent or close relative with a substance use disorder. Mentors may serve as crucial educators and support figures, promoting learning and capability, providing exposure to positive influences, and helping youth realize their full potential.^{34, 35, 36}
- 4. Encourage pediatricians, schools, and other people** who routinely interact with children to identify those with parents who have substance use disorders and intervene to provide support.³⁷
- 5. Consult helpful organizations to learn more about overcoming stigma.** For example, Join Together, a national resource for communities working to reduce substance use disorders, offers an action kit titled ***Strengthening Families: What Communities Can Do to Support Families with Addictions*** (see contact information provided at the end of this document). You can use it to work with families who are affected by substance use disorders.

Making a Difference: How Can I Contribute to Recovery Month?

We encourage every community member to participate in ***National Alcohol and Drug Addiction Recovery Month (Recovery Month)*** this September. The theme for this year's Recovery Month is ***"Join the Voices for Recovery: Build a Stronger, Healthier Community."***

Here are some ideas you may consider:

1. **Raise awareness** among parents, caregivers, and young people in your community by educating them about substance use disorders and recovery, and how to help overcome stigma. You can do this by setting up educational tables or booths at shopping centers, grocery stores, libraries, county or state fairs, movie theaters, or other areas that are frequented by families.
2. **Create a task force or community coalition** to educate others about substance use disorders and to dispel myths and misconceptions. To develop a community coalition, consult the “Resources” section of this planning toolkit. Education is the best tool to help reduce stigma and discrimination associated with substance use disorders and recovery.



I came from a very successful family and had every opportunity to do well in life, and for years I did. However, as a kid, I never was quite able

to truly be comfortable with my life and I always felt like something was missing. This lack of fulfillment eventually led me to the path and lifestyle of drug addiction. My family watched me become helpless and in despair as an alcohol and marijuana addiction led to a cocaine addiction, which then led to a raging heroin addiction. The years of success that I had built my life on were wasted on nine years on hard drugs as I ended up in jail. My family helped me locate a rehabilitation center and I wanted to pick up the pieces of my life. I started my recovery process with an arrest record, multiple debts, burned bridges, distrust and mistrust, and little hope. After receiving treatment, I recognized that there was hope for me and that I was done with my old lifestyle. Since then, I have made the most of my three years being clean. Today, I am accomplished, successful, and I have made my family proud! I no longer feel I am missing something in life. There is always hope and I am indeed living proof.

Ryan Thorpe

Admissions Counselor

3. **Support existing community efforts** by collaborating with a local treatment facility. Volunteer time, money (if donations are accepted), and/or other resources. You also may consider collaborating with a treatment organization on a **Recovery Month** press event to raise public awareness about substance use disorders, treatment, and recovery. For example, reporters could be invited to a press briefing honoring recent drug court graduates or families reunited through the child welfare system (who agree to appear publicly), as well as members of the drug court team and others who have dedicated themselves to helping those who need treatment. You can identify organizations working on **Recovery Month** initiatives in your state at the **Recovery Month** Web site at www.recoverymonth.gov.
4. **Speak out** about your experiences with substance use disorders and recovery. Use **Recovery Month** as an opportunity to share how you supported a family member through treatment and recovery or how you worked on your own recovery. Talk to friends, extended family, and other community members during everyday conversation about the reality of substance use disorders to help rise above societal stigma.

For additional *National Alcohol and Drug Addiction Recovery Month (Recovery Month)* materials, visit the *Recovery Month* Web site at www.recoverymonth.gov or call 1-800-662-HELP.

For additional information about substance use disorders, treatment, and recovery, please visit SAMHSA's Web site at www.samhsa.gov.

Affected Families and Children Resources

Federal Agencies

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

This government agency provides information and resources on substance use disorders and health insurance/Medicaid issues.

200 Independence Avenue SW

Washington, D.C. 20201

877-696-6775 (Toll-Free)

www.hhs.gov

HHS, Substance Abuse and Mental Health Services Administration (SAMHSA)

This Federal agency improves the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance use disorders and mental illnesses.

1 Choke Cherry Road, Eighth Floor

Rockville, MD 20857

240-276-2130

www.samhsa.gov

HHS, SAMHSA

Center for Mental Health Services (CMHS)

CMHS seeks to improve the availability and accessibility of high-quality community-based services for people with or at risk for mental illnesses and their families. The Center collects, analyzes, and disseminates national data on mental health services designed to help inform future services policy and program decision-making.

1 Choke Cherry Road, Sixth Floor

Rockville, MD 20857

800-789-2647 (Toll-Free)

240-276-2550

www.mentalhealth.samhsa.gov

HHS, SAMHSA, CMHS

15+ Make Time to Listen...Take Time to Talk

This program provides practical guidance to parents and caregivers about how to create time to listen and take time to talk with their children.

P.O. Box 42557

Washington, D.C. 20015

800-789-2647 (Toll-Free)

www.mentalhealth.samhsa.gov/15plus/default.asp

HHS, SAMHSA

Center for Substance Abuse Prevention (CSAP)

The mission of CSAP is to bring effective substance abuse prevention to every community nationwide. Its discretionary grant programs—whether focusing on preschool-age children and high-risk youth or on community-dwelling older Americans—target States and communities, organizations and families to promote resiliency, promote protective factors, and reduce risk factors for substance abuse.

1 Choke Cherry Road

Rockville, MD 20857

240-276-2420

www.prevention.samhsa.gov

HHS, SAMHSA

Center for Substance Abuse Treatment (CSAT)

*As the sponsor of **Recovery Month**, CSAT promotes the availability and quality of community-based substance abuse treatment services for individuals and families who need them. It supports policies and programs to broaden the range of evidence-based effective treatment services for people who abuse alcohol and drugs and that also address other addiction-related health and human services problems.*

1 Choke Cherry Road, Fifth Floor

Rockville, MD 20857

240-276-2750

www.csat.samhsa.gov

HHS, SAMHSA**National Clearinghouse for Alcohol and Drug Information**

This clearinghouse provides comprehensive resources for alcohol and drug information.

P.O. Box 2345

Rockville, MD 20847-2345

11420 Rockville Pike

Rockville, MD 20852

800-729-6686 (Toll-Free)

800-487-4889 (TDD) (Toll-Free)

877-767-8432 (Spanish) (Toll-Free)

240-747-4814

www.ncadi.samhsa.gov

HHS, SAMHSA**National Helpline**

This national hotline offers information on substance use disorder issues and referral to treatment.

800-662-HELP (800-662-4357) (Toll-Free)

(English and Spanish)

800-487-4889 (TDD) (Toll-Free)

www.samhsa.gov

HHS, SAMHSA**Substance Abuse Treatment Facility Locator**

This is a searchable directory of alcohol and drug treatment programs.

www.findtreatment.samhsa.gov

Treatment, Therapy, and Mutual Support Groups**Adult Children of Alcoholics WSO**

Adult Children of Alcoholics is a 12-step, 12-tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. Members meet with each other in a mutually respectful, safe environment and acknowledge common experiences.

P.O. Box 3216

Torrance, CA 90510

310-534-1815

www.adultchildren.org

Al-Anon/Alateen

This group provides support for families and friends of alcoholics.

Al-Anon Family Group Headquarters, Inc.

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

888-4AL-ANON (888-425-2666) (Toll-Free)

757-563-1600

www.al-anon.alateen.org

Association of Persons**Affected by Addiction (APAA)**

This non-profit organization is designed to engage the consumer and recovery community voice in reducing stigma and enhancing services. The APAA specializes in providing recovery support services for people seeking recovery and their family members.

2438 Butler Street, Suite 120

Dallas, TX 75235

214-634-APAA (2722)

www.apaarecovery.org

Betty Ford Center

The Betty Ford Center provides treatment for chemical dependency, as well as support and educational resources for family members and children of clients.

39000 Bob Hope Drive

Rancho Mirage, CA 92270

800-854-9211 (Toll-Free)

760-773-4100

www.bettyfordcenter.org

Caron Foundation

The Caron Foundation offers detoxification, gender-separate rehabilitation, relapse treatment, and extended care for adults and adolescents; educational programs for family members; and student assistance services.

P.O. Box 150

Wernersville, PA 19565-0150

800-678-2332 (Toll-Free)

www.caron.org

Co-Anon Family Groups

Co-Anon Family Groups is a fellowship of men and women who are husbands, wives, parents, relatives, or close friends of someone who is chemically dependent. The program is primarily a 12-step program that combines self and mutual support systems.

P.O. Box 12722

Tucson, AZ 85732-2722

520-513-5028

www.co-anon.org

Families Anonymous (FA)

FA is a 12-step self-help, recovery, and fellowship of support groups for relatives and friends of those who have alcohol, drug, or behavioral problems. The group is a non-profit mutual help organization and is not affiliated with any religion or institution.

P.O. Box 3475

Culver City, CA 90231-3475

800-736-9805 (Toll-Free)

www.FamiliesAnonymous.org

Hazelden Foundation

This non-profit, private treatment organization offers publications and programs for individuals, families, professionals, and communities to prevent and treat substance use disorders.

P.O. Box 11

Center City, MN 55012

800-257-7810 (Toll-Free)

www.hazelden.org

Nar-Anon/Narateen

This organization provides support for families and friends of drug users.

Nar-Anon Family Group Headquarters, Inc.

22527 Crenshaw Boulevard, Suite 200 B

Torrance, CA 90505

800-477-6291 (Toll-Free)

www.nar-anon.org

Recovery Resource Center

This comprehensive recovery resource center links individuals in recovery to an array of holistic recovery supports, with special emphasis on meeting the needs of women in recovery.

1140 Lake Street
Oak Park, IL 60301
708-445-0500
RRCDontUse1@aol.com

**Vera Institute of Justice–
La Bodega de la Familia**

This institute offers family- and community-based recovery services for people on parole or probation.

272 East Third Street
New York, NY 10009
212-982-2335
www.vera.org

Family and Teacher Resources**Alliance for Children and Families**

The Alliance for Children and Families provides services to non-profit child and family sectors and economic empowerment organizations.

1701 K Street NW, Suite 200
Washington, D.C. 20006-1505
202-429-0400
www.alliance1.org

American Council for Drug Education (ACDE)

The American Council for Drug Education is a prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society.

164 West 74th Street
New York, NY 10023
646-505-2061
www.acde.org

Association of Recovery Schools

This association brings together students and secondary and post-secondary schools, and helps professionals to support students in recovery from substance use disorders.

145 Thompson Lane
Nashville, TN 37211
615-248-8206
www.recoveryschools.org

Faces & Voices of Recovery

This national recovery advocacy campaign mobilizes people in recovery from addiction to alcohol and other drugs, their family members, friends, and allies to end discrimination and treat addiction as a public health problem.

1010 Vermont Avenue NW, Suite 708
Washington, D.C. 20005
202-737-0690
www.facesandvoicesofrecovery.org

Family Empowerment Network (FEN)

FEN offers support, education, and training for families of children with fetal alcohol syndrome or fetal alcohol effects, as well as interested professionals. The group creates a network of families that support one another and hosts annual family retreats.

777 South Mills Street
Madison, WI 53715
800-462-5254 (Toll-Free)
608-262-6590
www.fammed.wisc.edu/fen

Families USA

This organization provides resources on access to high-quality, affordable health care as well as senior citizen issues.

1201 New York Avenue, Suite 1100
Washington, D.C. 20005
202-628-3030
www.familiesusa.org

Fetal Alcohol and Drug Unit

The Fetal Alcohol and Drug Unit is a research unit dedicated to the prevention, intervention, and treatment of Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE).

180 Nickerson Street, Suite 309
Seattle, WA 98109
206-543-7155

<http://depts.washington.edu/fadu/>

Fetal Alcohol Syndrome Family Resource Institute (FASFRI)

FASFRI is a grassroots coalition of families and professionals concerned with fetal alcohol syndrome/effects. The group offers educational programs, brochures, information packets, group meetings, phone support, conferences, and referrals.

P.O. Box 2525
Lynnwood, WA 98036
253-531-2878

www.fetalalcoholsyndrome.org

MADD (Mothers Against Drunk Driving)

The MADD mission is to stop drunk driving, support victims, and prevent underage drinking.

511 East John Carpenter Freeway, Suite 700
Irving, TX 75062
800-GET-MADD (438-6233) (Toll-Free)

www.madd.org

MADD DADS Inc.**(Men Against Destruction Defending Against Drugs and Social Disorder)**

This is a grassroots organization of fathers aimed at fighting gang and gang-related violence. MADD DADS provides family activities, community education, speaking engagements, and “surrogate fathers” who listen to and care about street teens.

555 Stockton Street
Jacksonville, FL 32204
904-388-8171

www.maddads.com

National Asian Pacific American Families Against Substance Abuse, Inc.

This private, non-profit membership organization involves service providers, families, and youth to promote health and social justice and address the alcohol, tobacco, and other drug issues of Asian and Pacific Islander populations.

340 East Second Street, Suite 409
Los Angeles, CA 90012

213-625-5795

www.napafasa.org

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

This non-profit advocacy organization works with the legislative and executive branches of the Federal government on alcohol and drug policies, advocates for alcoholic and drug-dependent persons and their families, and provides information on prevention, intervention, and treatment to the public.

22 Cortlandt Street
New York, NY 10007

800-NCA-CALL (Hope Line) (Toll-Free)
212-269-7797

www.ncadd.org

National Families in Action

National Families in Action presents science-based policies to help families and communities prevent youth drug use.

2957 Clairmont Road NE, Suite 150

Atlanta, GA 30329

404-248-9676

www.nationalfamilies.org

National Family Partnership (NFP)

NFP is a coalition of families working for substance abuse prevention. The group hosts a number of prevention activities including the Red Ribbon Campaign and the Plant a Promise Campaign. It is also in the process of developing a resource center.

2490 Coral Way, Suite 501

Miami, FL 33145

305-856-4886

www.nfp.org

Partnership for a Drug-Free America (PDFA)

This non-profit group helps reduce demand for illegal drugs by changing attitudes through media communications.

405 Lexington Avenue

New York, NY 10174

212-922-1560

www.drugfree.org

Child Welfare and Community Organizations**American Public Human****Services Association (APHSA)**

The APHSA develops, promotes, and implements public human service policies and practices that improve the health and well-being of families, children, and adults.

810 First Street NE

Suite 500

Washington, D.C. 20002

202-682-0100

www.aphsa.org/Home/Contact.asp

Californians for Drug-Free Youth, Inc.

This organization develops comprehensive prevention programs that identify, examine, publicize, intervene, and prevent alcohol, tobacco, and other drug use.

P.O. Box 620

Forest Falls, CA 92339

909-794-3229

www.cadfy.org

Campaign for Tobacco-Free Kids

This non-governmental campaign works to protect children from tobacco use and exposure to secondhand smoke.

1400 Eye Street NW, Suite 1200

Washington, D.C. 20005

202-296-5469

www.tobaccofreekids.org

Child Welfare League of America (CWLA)

This membership organization has more than 1,100 public and private non-profit agencies promoting the well-being of children, youth and their families, and protecting every child from harm.

50 F Street NW, Sixth Floor
Washington, D.C. 20001-1530
202-638-4918
www.cwla.org

**Children of Alcoholics Foundation (COAF),
Phoenix House's Center on Addiction
and the Family**

COAF focuses on information, support, and resources for families that have been affected by parental substance abuse, as well as practice improvement for the professionals who work with them.

164 West 74th Street
New York, NY 10023
646-505-2060
www.coaf.org

Children's Defense Fund

The Children's Defense Fund provides child welfare and health programs.

25 E Street NW
Washington, D.C. 20001
202-628-8787
www.childrensdefense.org

Community Recovery Network

This network provides leadership in community responses to substance use disorders.

P.O. Box 28
Santa Barbara, CA 93102
805-899-2933
www.communityrecovery.org

Join Together

This national resource for communities working to reduce substance use disorders offers a comprehensive Web site, daily news updates, publications, and technical assistance.

1 Appleton Street, Fourth Floor
Boston, MA 02116-5223
617-437-1500
www.jointogether.org

Kaiser Family Foundation

This organization is a non-profit, private operating foundation focusing on the major health care issues facing the nation.

The Foundation is an independent voice and source of facts and analysis for policymakers, the media, the health care community, and the general public.

2400 Sand Hill Road
Menlo Park, CA 94025
650-854-9400
www.kff.org

Kennedy Krieger Family Center

The Kennedy Krieger Family Center provides mental health and support services for children, adolescents, and families who experience trauma through the effects of abuse, neglect, and environmental factors.

2901 East Biddle Street
Baltimore, MD 21213
443-923-5800
www.kennedykrieger.org/kki_cp.jsp?pid=1400

National Association for Children of Alcoholics (NACoA)

This national non-profit membership and affiliate organization works on behalf of children of alcohol- and drug-dependent parents and all family members affected by substance use disorders.

11426 Rockville Pike, Suite 100

Rockville, MD 20852

888-554-2627 (Toll-Free)

301-468-0985

www.nacoa.org

National Association of Public Child Welfare Administrators (NAPCWA)

This association is devoted solely to representing administrators of state and local public child welfare agencies, bringing an informed view of the problems facing families today to the formulation of child welfare policy.

810 First Street NE, Suite 500

Washington, D.C. 20002

202-682-0100

www.aphsa.org/printer/about-affiliates.asp

National Association of Social Workers (NASW)

The largest membership organization of professional social workers in the world, this organization works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

750 First Street NE, Suite 700

Washington, D.C. 20002-4241

800-638-8799 (Toll-Free)

202-408-8600

www.naswdc.org

Parent/Professional Advocacy League (PAL)

PAL provides support, education, and advocacy around issues related to children's mental health.

59 Temple Place, Suite 664

Boston, MA 02111

617-542-7860

www.ppal.net/

University of Baltimore Center for Families, Children and the Courts

This organization provides research, evaluation, technical assistance, and guidance to family and juvenile courts on substance use, addiction, abuse and neglect, domestic violence, and other family-related issues.

1420 North Charles Street

Baltimore, MD 21201

410-837-5613

<http://law.ubalt.edu/cfcc>

This list is not exhaustive of all available resources. Inclusion does not constitute endorsement by the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or its Center for Substance Abuse Treatment.

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